

Today, we remember the Freedom Riders for the sacrifices they made in pursuit of the rights we now enjoy. They showed that people working together across backgrounds and boundaries could hold America accountable to our highest ideals and bend the arc of history towards justice. They showed that young people have the power to generate a movement for equality and steer the course of our Nation. Because of their efforts, and the work of those who marched and stood against injustice, we live in a country where all Americans have the right to dream and choose their own destiny.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim May 2011 as the 50th Anniversary of the Freedom Rides. I call upon all Americans to participate in ceremonies and activities that honor the Freedom Riders and all those who struggled for equal rights during the civil rights movement.

IN WITNESS WHEREOF, I have hereunto set my hand this third day of May, in the year of our Lord two thousand eleven, and of the Independence of the United States of America the two hundred and thirty-fifth.

BARACK OBAMA

Proclamation 8669 of May 5, 2011

Military Spouse Appreciation Day, 2011

*By the President of the United States of America
A Proclamation*

Military spouses serve as steady and supportive partners to the heroes in uniform who protect and defend our great Nation every day. Across America and around the world, military spouses serve our country in their own special way, helping families and friends through the stress of a deployment, caring for our wounded warriors, and supporting each other when a loved one has made the ultimate sacrifice.

Our service members and their families seldom ask for support or recognition. They carry out their duties to family and country with the quiet courage and strength that has always exemplified the American spirit. On Military Spouse Appreciation Day, we have an opportunity to not only honor the husbands and wives of our service members, but also thank them by actively expressing our gratitude in both word and deed.

When a member of our Armed Forces is deployed, an entire family is called to serve. The readiness of our troops depends on the readiness of our military families, as millions of parents, children, and loved ones sacrifice as well. This means supporting our military spouses is also a national security imperative. Earlier this year, my Administration released the report on military families, *Strengthening our Military Families: Meeting America's Commitment*, which marshaled resources from across our Government to identify new opportunities to support these patriots.

First Lady Michelle Obama and Dr. Jill Biden are working tirelessly to enlist all sectors of American life to address the unique challenges of military

families. Their national initiative, “Joining Forces,” mobilizes Americans to give our service members and their families the opportunities and support they have earned. Americans can find service projects, send messages of thanks to military families, and learn more about this initiative by visiting: www.JoiningForces.gov.

On Military Spouse Appreciation Day, let us join together to show our service members we are taking care of their families back home as they serve our Nation across the globe. As neighbors, teachers, parents, and fellow citizens, we can reach out to military husbands and wives in our communities. We can show our appreciation in countless ways, from offering to help with household maintenance and childcare to encouraging the community involvement and career development of military spouses.

It is through our actions that we show our commitment to our service members and their spouses. By embracing military families, we demonstrate our partnership in the defense of our freedom and the security of the United States.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim May 6, 2011, as Military Spouse Appreciation Day. I call upon the people of the United States to honor military spouses with appropriate ceremonies and activities.

IN WITNESS WHEREOF, I have hereunto set my hand this fifth day of May, in the year of our Lord two thousand eleven, and of the Independence of the United States of America the two hundred and thirty-fifth.

BARACK OBAMA

Proclamation 8670 of May 6, 2011

National Women’s Health Week, 2011

*By the President of the United States of America
A Proclamation*

Women are a foundation of our families, and their health affects the well-being of our communities and our country. They often make health care decisions for their families as well as themselves. However, American women have not always had access to the health care they need, or the freedom to make the best health choices for their loved ones. As a Nation, we must ensure our mothers, daughters, friends, and colleagues receive fair treatment and access to resources they need to live healthy, happy lives. During National Women’s Health Week, we reaffirm our commitment to making women’s health a priority.

In the past, insurance companies have effectively considered being a woman a “pre-existing condition,” and the specific medical needs of women meant higher fees and less coverage. Before the Affordable Care Act became law last year, insurance companies could deny coverage to women due to previous events such as having had cancer or having been pregnant. In 2014, it will be illegal for insurance companies to discriminate against